V95 • N12

Remembering Joyce Luke

Northwest education staff member dies battling cancer

Campus News Editor I @racheladamsonxi "Turn that frown upside down," "It's big, bigger than all of us" and "Brown Hall 200, home of customer service," are a few of the favorite sayings from a Northwest staff member who left a message of selflessness and optimism on faculty, staff and students.

Joyce Luke, 54, died from cancer Nov. 11 at Mosaic Life Care in St. Joseph, Missouri.

She was the assistant coordinator of field experience in the school of education. She began working at Northwest in 2009.

Joyce Luke was a Maryville native. She was born Aug. 4, 1964, to Richard (Dick) and Rose Mary (Wilmes) Luke. Joyce Luke spent her life in Maryville, graduating from Maryville High School and then furthering her education at Northwest graduating with a bachelor's in public relations.

Dean of the School of Education Timothy Wall worked closely with Joyce. He said Joyce Luke was "sunshine" and brought meaning to all she did.

"For those of us left behind, we are happy she is no longer suffering, but we'll miss her immensely," Wall said. "Joyce would want us all, and that includes those who may not have known her and might be reading this, to live full lives. To love fiercely, to give humor and positivity to all we do, and to lift one another up and support each other. That's what working with Joyce for several years taught me.'

Office Manager Cathy Barr said the moment she met Joyce Luke, they immediately clicked and felt like they were already old friends. The two had similar upbringings and would even complete each other's sentences.

We laughed and sang daily. Neither one of us were very good and rarely hit the note, but boy, when we did, we celebrated. 'That was beautiful,' she would say. Joyce was in charge of the music selection and it varied every day," Barr said. "Some days it was Monster Ballads, other days it would be one hit wonders, but most definitely you could always count on Fridays being MC Hammer Fridays. She knew all the lyrics and if by some rare chance she didn't, she would make it up and laughter would ensue.'

Student teacher Erin Greeley said that although her time working with Joyce Luke was short, she left an unceasing impression on her - one of determination and admiration.

'She really inspired me to want to be a better version of myself," Greeley said. "Her caring personality and sense of humor were second to none, which made work not seem like work—it was more like another day with great and supportive friends, laughing, joking and singing together. Her smile



Assistant Coordinator of Field Expirence in the School of Education Joyce Luke left an ever-positive impact on students, staff and faculty.

could brighten a room, and I have to work alongside with her humor no doubt it's making heaven a little brighter too. Remember to always see the joy in life."

Barr said Joyce Luke was fun

and quick wit.

SEE **JOYCE | A5**

Spreading cultural awareness

International Education week showcases student diversity

SAMANTHA COLLISON

Chief Reporter | @SammieCollison

The International Involvement Center hosted its annual International Education Week Nov. 12-15 with lectures, panels and a show-

International Student and Scholar Services Coordinator Ashley Henggeler said the goal of the week is to celebrate the benefits of international education and cultural exchange.

"The idea is to promote programs that prepare students for a global economy and encourage students to study abroad, promote diversity and inclusion," Henggeler said.

The week was kicked off with Emmanuel Ngomsi's "Breaking Cultural Barriers and Building Cultural Bridges" lecture Monday evening in the Charles John-

son Theater. Ngomsi spent nine years as instructor, cross-cultural and chieflanguage coordinator for the United States Peace Corps in Cameroon and now works to educate Americans about West African cultures and facilitate civility and understanding between Americans and other cultures.

Ngomsi formerly served as curriculum coordinator of international studies with the Kansas City, Missouri school district. His experi-



ALIA IRVIN | NWMISSOURIAN International students celebrate the Hindu holiday Diwali Day, or the festival of lights, on campus Nov. 7 with a va-

ences in the position inspired his

riety of fireworks, lights and cultural foods.

lecture. Although Ngomsi has worked

in France, Germany and his native Cameroon, Ngomsi said had never experienced the culture shock he felt during his time in Kansas City, Missouri.

His stories of misunderstanding included accidentally giving the middle finger to third graders, losing a friendship with another teacher because she shared news of her pregnancy with him and eventually being fired after giving another teacher a weight loss book as a

birthday gift. Ngomsi emphasized that in all of the situations, no one had the intention of harm, but a lack of cultural understanding led to negative outcomes.

"The solution to intercultural miscommunication is education,

Ngomsi said. Ngomsi presented a metaphor of a tree, with the trunk and branch-

es being the surface of culture: language, food, music, dance and art, and the roots of the tree being the driving force behind the surfacelevel culture: values, traditions and

Coordinator of Diversity and Inclusion Adam Gonzales said everyone could take something away from Ngomsi's lecture.

SEE FULL STORY ONLINE: NWMISSOURINEWS.COM

Long-time facilities director, firefighter dies at 72

RACHEL ADAMSON

Campus News Editor I @racheladamsonxi

A retired staff member who committed 45 years of his life to building up and innovating campus as the Assistant Director of Facility Services died Nov. 12.



John Redden, 72, was born Oct. 10, 1946, to John C. Redden Sr. and Rosetta (Billey) Redden in Maryville, Missouri. John Redden married Alice M. Stoll of Stanberry, Missouri April 12, 1966. They had five children Pamela Kay, Richard Alan, Christopher Alan, Bradley Alan and Angela Kay.

John Redden began working for the University in the fall of 1969, he retired Oct. 31, 2014. In his time at the University, he worked under four different University presidents.

University Communication Manager Mark Hornickel said John Redden cared deeply about the University and did all he could for its success.

"He knew every foot of the campus, and his fingerprints are all over it – from helping to build Valk Center and the former aquatic center (now the Foster Fitness Center), to playing a key role in launching our alternative fuels program," Hornickel said. "He also helped fight the fire that nearly destroyed the Administration Building in 1979."

According to a Northwest press release, John Redden was most proud of his role in the alternative fuels program which launched in 1982.

"We pretty much started from the bottom up on that one," John Redden said in the press release. "We tore it all apart and completely rebuilt it and made it work. We spent several nights, several days, 24 hours at a time and we never left until we finally got it to go.

John Redden also served for 40 years on the Maryville Fire Department. He started out as a volunteer and eventually moved up to fire captain. Under his leadership, the department grew to have 20 volunteers serving Maryville and 10 volunteers serving Polk Township.

History Instructor and Maryville Volunteer Firefighter Matt Johnson said Redden left a lasting impression on the University and the Maryville community.

"John Redden embodied all that is good and honorable about the Fire Service in the United States," Johnson said. "He lived a life of service and sacrifice that all volunteer firefighters ought to aspire to and his presence will be felt long after the final bell of the three threes has rung."

Maryville begins restoration to downtown area

CAMERON MONTEMAYOR

Chief Reporter | @NPNowMontemayor

The city of Maryville is in the midst of extensive planning in the hopes of rejuvenating a historic area of town.

Advisors Missouri Main Street Connection were in town early this month consulting with a variety of employers, groups, city representatives, architects and economic development experts about downtown Maryville's future.

Key among the groups was the

Downtown Maryville organization, which is focused on preserving, promoting and enriching the city's central business district area.

Missouri Main Street Connection recently announced that Downtown Maryville would be one of three recipients for a portion of a \$200,000 grant awarded as part of the U.S. Department of Agriculture's Rural Development Program.

Notable redevelopment projects include the three buildings lining 320 N. Main St., the Rapid Elite print shop and the new law offices by East Third Street and Main Street.

Missouri Main Street advises more than 130 commercial districts across the state.

Downtown Maryville President Matt Gaarder said guidance from Missouri Main Street Connection, from the time they were founded five years ago, has been critical for getting the organization to the point where they can now plan for development projects.

Missouri Main Street Connection emphasizes a four-point approach consisting of organization, economic restructuring, design and promotion to achieve this.

"By working with them it basically sped up the process," Gaarder said.

"With them coming up and giving us some more input on how to better get back into that and make it stronger was a big benefit."

Gaarder used a metaphor to explain that a city is like a human body, and the downtown area is like

Promoting and revitalizing the central business district through new retail, structural development and new events will hopefully attract more people and benefit the city as a whole.

"That was one of the key things for downtown is to create some vibrancy and make it more of a community," Gaarder said.

SEE DOWNTOWN | A5

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Science grant helps professor fund research

Northwest's department of natural sciences received its fourth grant to continue theoretical research from the National Science Foundation.

Associate professor Himadri Chakraborty applied for the grant, this time receiving \$300,000 over three years, for continued research in computational and theoretical nanophysics.

Chakraborty explained his research is specifically concerning a 60 carbon atom, soccer ball-shaped cage called a fullerene.

'The research is about looking at the interaction between laser light with materials," Chakraborty said. "The specific kind of materials we are interested in are the fullerene materials, sometimes we (Chakraborty's team) are also interested in atoms and molecules, but most of our interest goes into buckminsterfullerene.'

What Chakraborty is looking for is how the fullerene interacts with the light.

"(The fullerene cage) can absorb energy from the laser light and do stuff inside, or if the light energy is high enough, then some of the electrons from the system get knocked out, and one can actually detect the electrons," Chakraborty said. "We don't do the detection part because that's the experimental part, but we can simulate this whole process theoretically or computationally."

Chakraborty explained that can be extremely useful in technological applications.

"Number one (use) I would say is in drug delivery," Chakraborty said. "So the fullerene is a cage, you can actually put anything that is small enough size and you can sequester it, and that inside thing pretty much will not know anything about the external environment, it's fairly well confined."

One practical example would be cancer-fighting drugs.

"Let's say I got a cancerous development tissue on my finger, they will push that in my bloodstream and the drug will flow in my bloodstream and eventually get to the site, but in the process of going through the bloodstream, it's going to kill a lot of healthy tissues," Chakraborty said.

With the fullerene cage, the drug would not harm anything until it got to its destination.

Chakraborty uses part of the grant money to hire summer student interns and soon a postdoctoral fellow. One of the students that worked on this project is senior Dakota Shields.

"I am kind of like the worker bee putting in the different parameters to run the programs," Shields said. "I'm the one that makes the data for the graphs and the bonding and antibonding for the molecular states."

Shields has liked working with Chakraborty, as it helps him use what he learned in class and apply it to the real world.

"It's been interesting seeing actual theoretical work because you know you take all your classes and it's like pencil and paper and you're doing these simple-ish equations," Shields said. "Then take all of that, and you make the equations hundreds of times harder, and then you translate into a computer program that does everything for you."

Part of that experience has been to understand that an experiment does not just rely on physics.

You also need the computation and the coding to make it all work together," Shields said.

FULL STORY ONLINE: NWMISSOURINEWS.COM









RACHEL ADAMSON | NW MISSOURIAN

Student Senate President Alyssa Lincoln presides over the Student Senate meeting Nov. 13. Executive members guided discussion about amending the Anime Club appropriation. After two amendments, Student Senate voted to unanimously appropriate \$1,350 to Anime Club.

Student Senate debates appropriation, close vote

SAMANTHA COLLISON

Chief Reporter | @SammieCollison

Student Senate voted on three appropriations and an amendment to the bylaws in its meeting Tuesday.

Anime Club requested \$1,500 from Student Senate to help cover ticket and hotel costs for their trip to Naka-Kon March 15-17 in Overland Park, Kansas.

Naka-Kon is one of the largest anime conventions in the Midwest, according to naka-kon.com, with more than 10,000 attendees in 2016. The convention centers around the industry side of anime and manga, featuring voice actors, animators, writers and directors but also celebrates the fan culture, cosplay and Japanese culture.

Anime Club President Jessie Geivett said attending the convention would not only benefit the students attending but also positively impact the University.

Geivett said it benefits students because some of the members who

struggle with new social situations or large crowds get an opportunity to experience socially challenging environments in the context of one of their passions.

Attending the convention benefits the University because it advertises Northwest's Anime Club to Midwest high schoolers, and it gives the group inspiration for Ani-Con, an anime convention hosted by Anime Club at Northwest.

'One of the things Naka-Kon gives us is more of those experiences, a lot of our members will learn information from different panels that they can use for whatever area they're interested in," Anime Club Librarian sophomore Joshua Smith said. "We can tie that back to Ani-Con because we do our own panels there, so that gives us ideas of what we want to do our panels on.'

Smith said the appropriation affords the group an opportunity to enrich the club and provide members new experiences.

"We are ecstatic about it and extremely thankful," Smith said. "That'll help our members because a lot of them are incoming freshmen with no job and their parents probably aren't going to pay for it, so this is a dream come true for them."

The Organizational Affairs committee recommended \$750 originally, but the amount was amended twice.

After discussion, Junior Class Representative Kenyatta Johnson motioned to amend the amount to \$1,000, which passed with 21 in favor and seven against.

Before the amount of \$1,000 could be voted on, Student Activities Council Representative senior Drake Summers motioned to amend the amount to \$1,350. With the closest vote this semester, the amendment passed 14 to 12. The appropriation of \$1,350 then passed unanimously.

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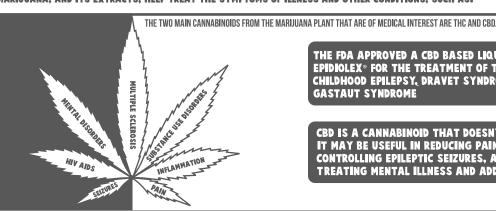
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THE TWO MAIN CANNABINOIDS FOUND CLINICAL TRIALS HAVE SHOWN THAT MARIJUANA, AND ITS EXTRACTS, HELP TREAT THE SYMPTOMS OF ILLNESS AND OTHER CONDITIONS, SUCH AS:

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FACTS FROM THE NATIONAL HEALTH INSTITUTE



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CBD IS A CANNABINOID THAT DOESN'T MAKE PEOPLE "HIGH." IT MAY BE USEFUL IN REDUCING PAIN AND INFLAMMATION, CONTROLLING EPILEPTIC SEIZURES, AND POSSIBLY EVEN TREATING MENTAL ILLNESS AND ADDICTIONS.

RYAN GRIESINGER | NW MISSOURIAN

Medical marijuana benefits hazy

KATIE STEVENSON

Community News Editor @KatieSStevenson

With the passage of Amendment 2 following the midterm election, Missouri will soon see the creation of dispensaries and the use of marijuana for medical purposes.

Amendment 2 was sponsored by New Approach Missouri and will carry a 4 percent tax on medical marijuana. The amendment is estimated to generate \$24 million.

The revenue would first support the regulation of the program, and any extra money will be used to help Missouri veterans.

New Approach Missouri spokesman Jack Cardetti said in an interview with the Springfield

News-Leader he anticipates Missouri to have up to 192 medical marijuana dispensaries by 2020. This number is estimated from the fact that each of Missouri's eight districts will be required to have a minimum of 24 dispensaries.

However, Maryville Prosecuting Attorney Robert Rice said he does not believe the amendment will have much of an impact on Nodaway County.

"I am not certain of what effect this is going to have on Maryville at the time because the language of the ballot is specifically limited to medical purposes," Rice said. "As far as I know, from the major medical organizations such as the American Medical Association, they do not approve of marijuana. Because of this, I am not certain many doctors are going to be prescribing that particular drug. And if it is not approved of as a medicine, then it will likely not be prescribed in any sort of regular degree, so that is not going to have any effect on our community.'

According to an AMA report from 2017, both the benefits and drawbacks of medical marijuana are still hazy. The report found conclusive evidence that cannabis can have therapeutic benefits, but the report also found substantial evidence that there is an association between smoking cannabis and health issues and possible addiction.

Rice believes the legalization of the drug should have gone through

actual medical channels and organizations instead of going through the interest group New Approach Missouri.

"I do not believe special interest should be pushing medicine on us, I believe it should be vetted through the appropriate federal government agency that will test it to make sure that it is safe for human consumption," Rice said.

The Food and Drug Administration is in clinical trial settings to study the safety and effectiveness of medical marijuana and are working directly with special interest groups and companies to bring safe, effective products to market.

In states like Colorado and California, the passage of medical marijuana has lead to the passage of full legalization and decriminalization of marijuana. Currently, the majority of the state will still prosecute possession cases unless the person has a valid prescription.

However, Jackson County decided Nov. 13 they were no longer going to prosecute possession cases, with some exceptions. Exceptions to Jackson County's new policy on prosecution of marijuana possession will be cases in which the person is selling or distributing the drug without proper authority.

FULL STORY ONLINE: NWMISSOURINEWS.EDU

City discusses impact of new Missouri laws

CAMERON MONTEMAYOR

Chief Reporter I @NPNowMontemayor

With Missouri voters passing two new laws since the last city council meeting took place, members spent Tuesday addressing those changes and its future impact on the community.

Missouri saw Amendment 2, a medical marijuana initiative, and Proposition B, a minimum wage increase of \$4 over five years, both

Despite government workers being exempt from the minimum wage increase, with certain cities raising pay rates, the city of Maryville will be challenged to attract quality candidates and fill those positions if it isn't raised, according to City Manager Greg McDanel.

Maryville employs 146 active part-time employees, many of them receiving minimum wage.

Raising the rate to the eventual \$12 would mean a 53 percent expense increase.

"There will be a financial impact from that," McDanel said.

With the passage of Missouri's first medical marijuana law, cities will also have to create new laws and regulations to dictate exactly where and how it can be used.

"Municipalities are going to have to reach out to our friends in Colorado and around the nation to determine how this will impact existing personnel policies for the city, obviously with law enforcement," McDanel said.

Peach Creek strikes again

Just when it seemed like the Peach Creek chronicle had concluded, the missing language in the construction contract that was approved at the last meeting prevented the city from moving forward.

"We inadvertently left off the ordinance for the engineering services in this," McDanel said. "The permit does require professional engineering services and professional project management.

The \$66,000 structure is expected to be constructed by local contractor White Cloud Engineering.

"The grade control structure stabilizes stream channel and prevents head cutting and further erosion," McDanel said.

Construction of the project was the result of an agreement with the U.S. Army Corp of Engineers after Maryville carried out improper work on the creek in 2015.

City approves new concrete repair project

Following nearly \$280,000 and nine miles worth of concrete repairs early this year and with \$23,000 still left on contract, the council approved a change order for new repair work on Aurora Street.

"Staff recommends a repair of 8,512 feet of pavement along Aurora Avenue," McDanel said.

J.D. Bishop Construction quoted the project at \$51,923.20.

Also apart of the construction project is a new concrete path that would go to the sidewalk stage of the conference center at Mozin-

Council member pays tribute to former firefighter and Northwest official

With the passing of former Northwest Facilities Director and volunteer firefighter John Redden on Monday, council member Matt Johnson gave a heartfelt speech in his honor.

"He lived a life of service and sacrifice that all volunteer firefighters ought to aspire to be," Johnson said. "John Redden invented all that is good and honorable about the fire service in the United States."

City purchases large maintenance machine

A Takeuchi TLSCRW track loader for the Public Work's Water/Sewer Maintenance Division was purchased after the city's track loader was experiencing reliability and maintenance issues.

"The water, sewer maintenance division of Public Works uses a loader for various projects - water leaks, maintenance of our systems throughout the community," Mc-Danel said.

The loader is capable of doing 600 hours of work per year.

The city has \$12, 473 budgeted for first-year payments; online prices have the machine listed in the \$40,000 to \$45,000 range.

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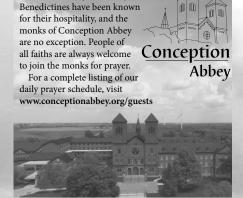


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Α4

Medical marijuana is not a cure all

The recent passing of Amendment 2 has brought medical marijuana to the state of Missouri. While it can benefit, people experiencing pain from a range of illnesses, it has consequences that need to be taken into account.

For adolescents and, in that same sphere, college students, it can have a direct effect on the development of the brain and can cause repercussions for the rest of their lives. On average, the human brain is not fully formed until age 25 and the use of controlled substances like marijuana can have a lasting effect on their future development.

The overall benefits and drawbacks of medical marijuana are still unclear, according to an American Medical Association report from 2017. This report found conclusive evidence that cannabis can have therapeutic benefits, but the report also found substantial evidence that there is an association between smoking and/or consuming cannabis and overall health issues as well as possible addiction.

While the science behind the uses of medical marijuana has proven a general reduction in pain, according to the CDC, it has a drastic effect on the development of the brain and overall brain health.

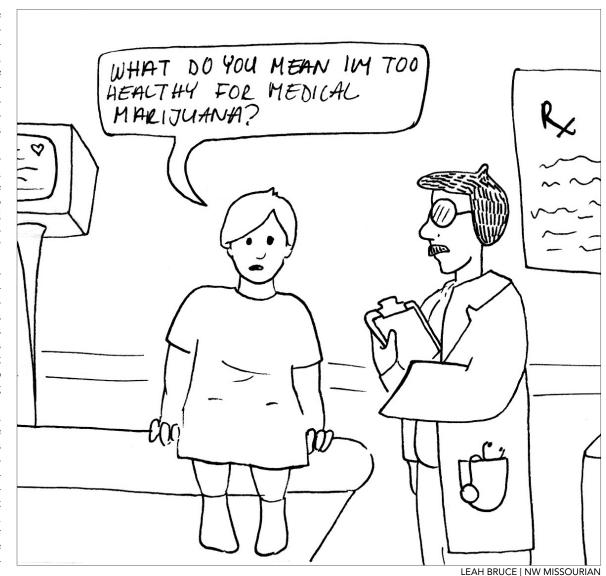
Diseases like cancer and epilepsy affect thousands of people every year, and the pain of seizures and chemotherapy can place a lot of strain on the body. The use of medical marijuana can reduce the over-

all pain and discomfort felt by those who are diagnosed with those conditions. A common part of marijuana they may use is CBD oil, which is a cannabinoid that does not make people high. It may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions.

The other common part of medical marijuana is THC, which can increase appetite and reduce the effects of nausea. THC may also decrease pain, inflammation and muscle control problems for people suffering from a wide variety of diseases.

While the Food and Drug Administration is in clinical trial settings to study the safety and effectiveness of medical marijuana, it is already on the market in 32 states and the District of Columbia. This means medical marijuana has not been completely tested in regards to its overall effectiveness in reducing overall pain and suffering.

While medical marijuana can provide temporary comfort, we still need to practice caution. As we move forward with integrating medical marijuana into our society, we need to beware of possible harmful side effects we aren't aware of yet. Since the FDA is still conducting trials, we don't know all the effects marijuana can have on our cognitive abilities or motor skills



LETTER TO THE EDITOR:

Journalists lose lives for rights

Dear Editor,

Many Americans today look at the media in three different ways: bias, entertainment, and politics. How do other countries see their media?

Other countries see the media in their homeland as a threat, and in that case, the media never gets a good outlook by others in that homeland.

When we as Americans take a step back and observe the media happening in our country, we start to see that the media is able to get away with many things because of protections that we have, including the First Amendment.

Journalists and photographers are at risk today with their lives covering topics in foreign countries, and here is why.

Three photojournalists known for their capabilities of digging up the truth and reporting on it were murdered just for doing their jobs. Each one had their own story they were working on. Anna Politkovskaya was reporting on the military war in Russia, coming close to digging up a good story, when she was murdered. Daphne Galizia was reporting on the corruption of government in Malta when she was killed by a car bomb. Jan Kuciak was reporting on the mafia in Slovakia when he was murdered.

All three were hunted down and killed by contract killers hired by the

Just to name a couple of them, these are the types of photojournalists that put their lives on the line with reporting in countries outside of the United States.

In Russia, Slovakia, Malta, China and Turkey there are many journalists in prison, and if the governments that can get away with doing more to them, they will. Over the past couple decades and in the future, many journalists have been or will be murdered by contracted killers from the government.

These photojournalists do their job for the people to understand what happens in the government and are repaid by their life being taken.

We, as Americans, do not hear about the journalists being taken captive or beaten, imprisoned or murdered because the governments in different countries find a way to cover each one of them up.

This issue is very concerning being a photographer and knowing journalists. I think that when you go to a

foreign country, it could be extremely dangerous to research, dig or look into anything because of the fear of being imprisoned or killed.

Media in America should be lucky and happy to have the First Amendment backing them because in other countries you are all on your own when it comes down to you and the government.

Therefore, the next time you want to take advantage of your amendments and rights, just remember that what you do could be punished by torture, imprisonment or death by their own government in other countries.

Sincerely,

Dylan Coldsmith

E-cigarettes are meant to help, not be a fad



Everybody knows the consequences of smoking and how it is bad for those around them. Some have even taken commendable steps to stop their bad habit through different means such as chewing nicotine gum, behavioral therapy or even quitting cold-turkey.

With the industry of electronic cigarettes, also known as vapes or e-cigarettes, the ways people have stopped smoking have increased. While I support those who genuinely want to quit and have looked to e-cigarettes as a temporary nicotine fix and reducer, these newer, trendier cigarettes have gone beyond their original use.

There are many who have used vapes for more recreational uses, and I can't find myself agreeing with it.

While, yes, people have the right to do what they want with

their own bodies, I'm advocating for those who have never tried a cigarette or been addicted to nicotine to not succumb to the peer pressure and persuasive whisper

of "it's pink lemonade flavored."

For the e-cigarette companies, the different flavorings were definitely a game changer. By giving vape cartridges unique flavors, they're making it more marketable to not only those who were not interested in the product but also those who are underage.

According to the Nov. 9 You-Tube episode of "The Philip De-Franco Show" titled "HUGE Crackdown & Ban Around the Corner as Juul Debate Escalates... Epidemic or Overblown?" Public Health Professor of the University of Waterloo David Hammond said, "I think we can tweak these products so they don't bring new kids into the market but we can still make them available to adults. That probably means not having cotton candy flavor on the market."

Reuter Business even tweet-

ed Nov. 13 that the Juul e-cigarette brand is pulling out its sweet flavors from U.S. retail stores. This is monumental, as this means certain retailers are only able to sell three flavors: tobacco, mint and menthol flavors of Juul to the public. With the decrease in access to more entertaining flavors such as unicorn milk, gummy bears and various fruity concoctions, hopefully the draw towards e-cigarettes will also decrease for teenagers interested in the multiple flavors.

It has turned into a fad and "the cool thing" younger people are doing. E-cigarette companies are even advertising with online celebrities like Scott Disick, according to Philip DeFranco.

With Disick's 20.7 million Instagram followers, e-cigarettes are able to garner more attention from younger generations since the amount of Instagram users increased about 5 percent since 2017 and is projected to increase up to almost 8 percent in 2022 and as of January 2018, 64 percent of Insta-

gram users were around 18 to 29 years old according to statista.com.

To understand just how fast ecigarettes have changed the smoking community, regular cigarettes have been around since 1847 according to Boston University Medical Center.

E-cigarettes, on the other hand, have made their way from China to Europe and finally to the U.S. in 2008, according to Consumer Advocates for Smoke-Free Alternative Association. Comparatively speaking, typical cigarettes have been around much longer, yet ecigarettes have made huge waves in the smoking community just in the past ten years.

The impact of e-cigarettes has had such a widespread effect on the U.S. that it has easily become a \$3.6 million industry, according to statista.com.

There are more than 2 million middle and high school students who use e-cigarettes, according to the FDA. That's not even including those who are of legal age.

Despite the high amount of people using the e-cigarettes, it does not mean people should make it a lifestyle.

Just because e-cigarettes are scientifically proven to be less harmful than cigarettes, it does not mean they are harmless and safe to use every day. Honestly, due to the relatively short amount of time people have been using e-cigarettes, not enough research has been conducted on the long-term effects according to smokefree.gov.

These products also still have nicotine like regular cigarettes, just smaller traces of it. Even the e-cigarettes that are known to be nicotine-free are not free of harmful carcinogens found in typical cigarettes, according to The Washington Post.

While e-cigarettes have done a tremendous job in helping people quit smoking more easily, there are still many improvements that can be made in regards to how the e-cigarette industry functions.

NORTHWEST MISSOURIAN

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Northwest Missourian **NEWS JUMPS**

JOYCE CONTINUED FROM A1

Even on the hardest and most painful days, Barr said she still lit up the room which was contagious to everyone around her.

"I know I can speak on behalf of everyone who worked with her here in Brown Hall; we are forever changed by her presence in our lives," Barr said.

"We have a saying posted in our office, 'choose joy because happiness isn't enough.' It is now up to those of us who were touched by her life to carry that joy to others.'

Joyce Luke's visitation was Nov. 14 at Bram-Danfelt Funeral Home in Maryville. Her funeral is Nov. 15 at St. Gregory's Catholic Church at 11 a.m.

"She possessed the most mental strength of any person I've known," Wall said. "She believed in the impossible, and made it happen through relentless belief. Joyce was loving, funny and kind. She touched each person lucky enough to know her, and that spark will continue forever."

Teaching reading/language art students will be sponsoring two events in honor of Joyce Luke. One event is "A Very Beary Christmas," which will be collecting stuffed animals to donate to Children's Mercy Cancer Wing.

The second event is "Fostering JOYce!" which will be collecting toys for kids in foster homes.

There will be separate receptacles on the second floor of Brown Hall for both events.



Maryville received a portion of a \$200,000 grant as part of the U.S. Department of Agriculture's Rural Development Program. The city is using its share of the grant to restore an area of downtown.

Blotters week of Nov. 15

Maryville Public Safety

A summons was issued to **Torey** Weingrad, 26, for not having a valid driver's license and equipment violation at the 200 block of Park Avenue.

Nov. 3

There is an ongoing investigation for property damage at the 1600 block of South Main Street.

Nov. 13

There is an ongoing investigation for larceny from a motor vehicle at the 400 block of West Second Street.

There is an ongoing investigation for a stolen vehicle at the 400 block of West Fifth Street.

University Police Department

There was a closed investigation for a liquor law violation at North Complex.

Nov. 8

There is an open investigation for fraudulent use of a credit device at Hy-Vee.

There is an open investigation for stealing at Lot 42.

There is an open investigation for fraudulent use of a credit device at Lot 43.

Nov. 9

There was a closed investigation for stealing at Lot 42.

Nov. 10

There was a closed investigation for a liquor law violation at Perrin Hall.

There was a closed investigation for a liquor law violation at Hudson Hall.

There was a closed investigation for a liquor law violation at

There was a closed investigation for property damage at Lot

Nov. 13

There is an open investigation for stealing at Lot 42.

DOWNTOWN CONTINUED FROM A1

With time and partnerships, Missouri Main Street, Downtown Maryville and the city are excited about future economic development projects for the central business district.

City Manager Greg McDanel said all projects will require partnerships from the city, Downtown Maryville, Missouri Main Street, local business and downtown property owners.

"The city anticipates working with property owners to facilitate improvements on private property," McDanel said.

"Making improvements in the public spaces and continued enhancements of infrastructure.'

He said the council was in discussions with several owners to develop structural and façade improvements to their buildings.

"The hope is you get a few buildings that do it, that look a lot nicer because of it and realize that maybe it doesn't take as much as you thought it did," Gaarder said.

Gaarder said many of the city's employers are excited about being able to promote downtown as a way to encourage outsiders like city workers, teachers, law enforcement, doctors and lawyers to work here.

"Continued conversation on improvements to downtown are critical to achieving property owner buy-in and community support," McDanel said.

McDanel and Gaarder anticipate many of the projects will be determined and carried out over the next 12 months.

Serenity rooms added to campus

CAMERON MONTEMAYOR

Students can now utilize a new set of spaces on campus that aim to provide spiritual and religious well-being.

Two former dorm rooms on the second floor of North Complex were recently opened to students as Serenity Rooms. Student Senate recently appropriated \$300 to furnish the Serenity Rooms.

The idea was initially discussed by Northwest's staff council last fall. It spent months deciding on possible locations.

Following the closing of the Missouri Academy, staff council was presented with an opportunity for potential space at North Complex.

Staff Council member Alex

Cruz said the rooms were part of an initiative by former hall director Beth Little to help increase Northwest's inclusivity.

In the United States, more than 18 million people use some form of meditation.

Moreover, approximately 68

percent of followers of both Christianity and Islam say they pray, according to the Pew Research Center.

Rooms 232 and 234 at North Complex were recently cleaned out and opened for students to use from 8 a.m. to 5 p.m. Monday through Friday, but the rooms contain very little at the moment.

We're always interested in seeing what we can do to support the students," Cruz said.

Cruz said he and the council are

using this time to promote the room and get feedback from students.

Students are advised to bring a mat or blanket if intending to use either room. Before these rooms, students

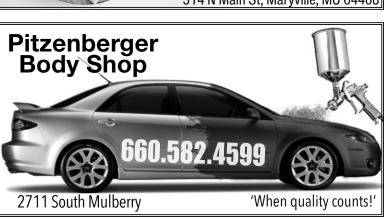
had to check out rooms in the union or library if they wanted private space away from the dorms.

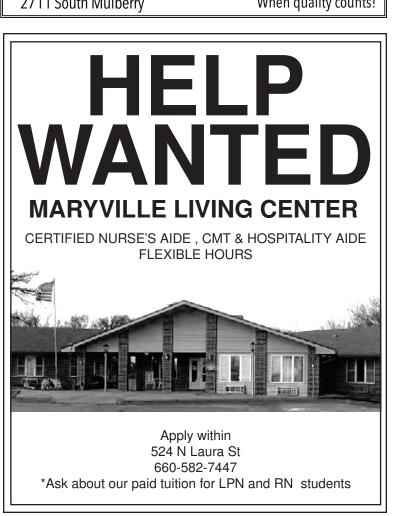
"We didn't want it to be a process where people would have to sign up and go through this whole 'Is it open or is it closed?" Cruz said.

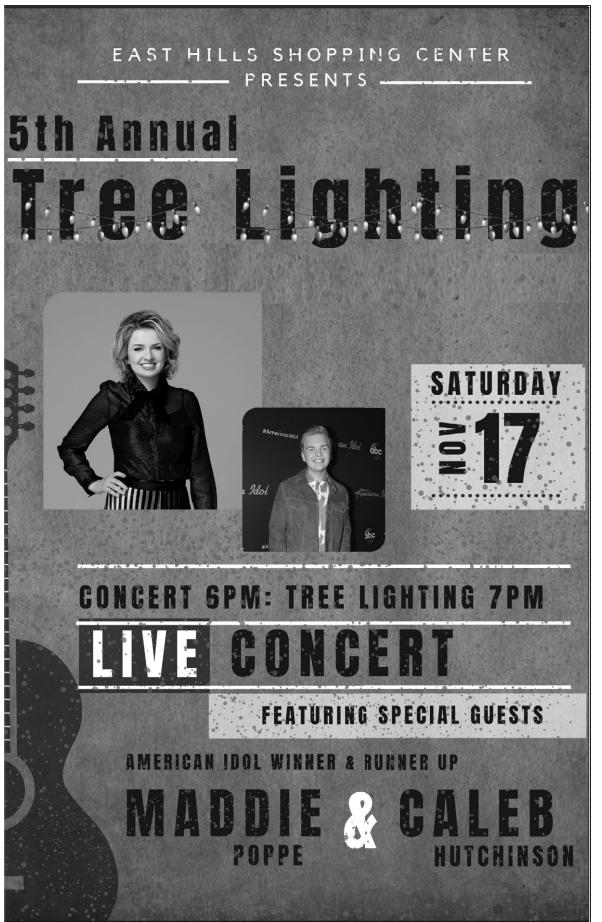
For Northwest's Wellness Services, spiritual wellness is a key element in its holistic wellness approach.

FULL STORY ONLINE: NWMISSOURINEWS.COM









SUDOKU

By MetroCreative

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HOROSCOPE

By MetroCreative



ARIES – Mar 21/Apr 20 Aries, you are back on

track in various ways. This week friendships get pushed to the forefront. If you are looking to make new connections, you'll make them.

TAURUS – Apr 21/May

Taurus, if you can find balance in your daily schedule, satisfaction will flow all week long. Start implementing new strategies to get on task and any stress will dissipate.

GEMINI – May 22/Jun

Your work life may seem like it is all over the place, Gemini. It could be because you haven't established a firm separation of career and family. Try not to overlap the two often.

CANCER – Jun 22/Jul 22

Cancer, your recent plan to flex some creativity must fit in with family life. Why not get a spouse or children involved with the process? It can be a group effort.

LEO – Jul 23/Aug 23

Leo, you have to pull back and recuperate if you have been pushing yourself too hard; otherwise, your health can suffer. Economize your energy for fun things.

VIRGO – Aug 24/Sept 22

While you can't help but worry if you have enough material and resources to make a project succeed, dwelling too much on what you're lacking will get you nowhere fast, Virgo.

LIBRA – Sept 23/Oct 23

Libra, if you play your cards right the next few days, you may look back on this week with a big smile on your face. Something that has required a lot of attention is no longer a burden.

SCORPIO - Oct 24/Nov

Scorpio, you will soon start to feel like you have the stamina and motivation to make things happen at home. Now is the perfect time to start some projects.

SAGITTARIUS – Nov 23/ Dec 21

Wealth is not only measured in your financial resources, but also in the close personal relationships you maintain. Surround yourself with loved ones this week, Sagittarius.

CAPRICORN - Dec 22/ **Jan 20**

Professional focus takes on a new edge this week, Capricorn, You are determined to make a mark for yourself by finishing an important task, and you have your eyes on the prize.

AQUARIUS – Jan 21/Feb

Aquarius, don't hold back this week, even if your mind starts to wonder. A vivid imagination may help you answer some questions and revitalize your spirit.

PISCES – Feb 19/Mar 20

Self-doubt and confusion try to edge their way in, but you won't let them, Pisces. If you stick with positive companions, you'll be in a good frame of mind.

Age: 8 MONTHS

Likes: Being outside and beer

Dislikes: Being left alone

Favorite Food: Chicken

Fun Fact: He's very needy and throws paws when he doesn't get what he wants

BENTLEY

The Skeletwins



CROSSWORD

By MetroCreative

- CLUES ACROSS 1. Taxi
- 4. Long periods of time
- 9. Boiled cow or sheep 14. Ottoman military commander
- 16. Don't go near 17. Benin inhabitants
- 18. Pop star 20. Removes
- 22. Your sibling's daughter
- 23. Trade 24. Dabbled
- 28. Tax collector 29. Atomic number 73
- 30. Russian emperor
- 31. Broad-winged bird of prey
- 33. Pale brownish yellow
- 37. A type of bill 38. One or a sum of things
- 39. Stiff, untanned leather
- 41. Naturally occurring solid material
- 42. Promotional material 43. Beer mug
- 44. Nostrils
- 46. Very rich
- 49. Atomic number 10
- 50. Not even
- 51. Pulls apart
- 55. City in western Finland
- 58. Wing shaped
- 59. Paddling
- 60. Player 64. Japanese classical theater
- 65. S-shaped lines 66. Coined for one occasion
- 67. Pitching stat
- 68. "M" actor 69. Some are noble
- 70. Lair
- **CLUES DOWN** 1. Places to eat
- 2. Marketplace
- 3. Unoriginality 4. Administrative officials
- 5. Female sheep and a loch in
- Scotland 6. Something to drill for

- 18 20 23 27 29 33 32 35 40 38 39 42 43 46 50 55 53 56 67 65 66 68 69 70
 - 7. Midway between north and northeast
 - 8. Cassia tree
 - 9. Founder of medical pathology 10. Long-legged wading bird
 - 11. __ and goers
 - 12. Go quickly
 - 13. Used to cut and shape wood
 - 19. Small island (British) 21. Dry or withered
 - 24. "Last of the Mohicans" actress
 - 25. Manufacturers need one 26. Tidal bore

 - 27. Makes free of moisture
 - 31. Semitic titles
 - 32. Inappropriate

 - 34. Gregory ___, US dancer
 - 35. -__, denotes past

- 36. Makes nicer
- 40. Indicates position 41. Made a priest
- 45. Sixth month of Jewish calendar
- 47. One who refrains
- 48. Type of top
- 52. Pay increase 53. Curved shape
- 54. Keeping down 56. Sleep sound
- 57. Tiny Iranian village 59. Only one time
- 60. Elected official
- 61. Before the present 62. Genus of grasses 63. Autonomic nervous system

LAST WEEK'S

						<u> </u>	VVL	_ L_ r
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KENKEN

Fill in the blank squares so that each row and each column con tain all of the digits 1 thru 9. The heavy lines indicate areas (called cages) that contain groups of numbers that can be combined (in any order) to produce the result shown in the cage, with the indicated math operation. For example, 12× means you can multiply the values together to produce 12. Numbers in cages may repeat, as long as they are not in the same row or column.

Last Week's Solution

11 +		2 -		2/	6 ×	8 ×	
3 /	3 -	7+				54 ×	
		6 ×	280 ×	30 ×		5 -	
1-					63 ×	4 /	1 -
17 +	11 +		3 /		1		
	168 ×			11 +	9 ×		14 +
	4 -		7 -		2 /	2 -	
2 -	24 ×		1	7+	T		5+
	96 ×				2 -		
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RACHEL ADAMSON | NW MISSOURIAN

Arpana Pokhrel represented the Northwest's Nepalese students with the presentation of the country's flag at the Annual International Flag-Raising Ceremony in the Charles Johnson Theater Oct. 12.

Arpana Pokhrel

Student brings flavor to life

CORIE HERTZOG

The saying goes, "you are what you eat," and for senior Arpana Pokhrel, her cooking helps her stay connected to her Nepalese roots and explore the world around her.

"I started cooking and loved it," Pokhrel said. "I use it to be creative and make stuff. I also watch a lot of videos. I like to eat quality food."

Pokhrel grew up in the eastern part of Nepal with her parents and older sister.

The Nepal school system runs differently than America's, beginning earlier and running later into the afternoons, having lunch around 10 a.m. This coupled with the fact both her parents worked until 5 p.m., Pokhrel learned how to start cooking for herself.

"I used to go to school at seven or eight then come back at like three or four. I'd be home by myself, and I'd be hungry," Pokhrel said. "My mom always prepared a little bit for me. If I was going to make noodles, she'd boil the noodles then let me cook. Then she taught me how to work the stove and everything."

After the 10th grade, Pokhrel transferred to a sister high school in Nepal's capital, Kathmandu. She also attended college in the city.

'My [high] school had a branch in Kathmandu," Pokhrel said. "We didn't have a lot of good high schools around where I lived. So I had to go, and my parents were happy.'

Pokhrel went to a university in Nepal for two years before she learned about Northwest from her cousin who previously applied.

"I was going to college back home, and I didn't like how they were teaching," Pokhrel said. "I went to kind of like a Catholic school, and I had teachers from all around the world. The teaching and learning styles were completely different from my high school. College was totally different, and I was just like 'I can't do this,' so I

talked to my cousin. Then I looked Northwest up, and I really liked it because it was really small. I don't like big cities."

Barely making the deadline, she submitted her application. Once she was accepted, she began her process to obtain a visa.

"First I had to get the acceptance from the university," Pokhrel said. "Then I went for an interview, and they ask a few questions like 'Why did you choose this school?' and 'How are you going to afford it?' Then, after the interview, it's up to the person who did the interview to decide if I get accepted or not. If they accept, then they're like 'Hey, welcome to the United States.' Then they gave me a piece of paper and I had to pay \$200, and then I got my visa and passport."

Since arriving at Northwest, Pokhrel quickly became involved. She is a member of Student Senate as the civic service chair, the International Student Organization and the Nepalese Student Association.

As the civic service chair for Senate, she helps create community service opportunities on campus.

"Civic service hasn't done much in the past besides the blood drive, which they did a really good job on, but I wanted to do a little bit more," Pokhrel said. "Right now, we did our first blood drive and that was a success. We are helping start a food drive to help get food for the food pantry, we are planning to work with Ben's Stocking of Hope and we're looking to plan with Sigma Kappa to do their Noise Home."

Pokhrel's friend, Spanish and human services senior Shyla Kallhoff, watched her make an impact on campus.

"Arpana has always been outstanding in everything she does," Kallhoff said. "She's super involved with the international office and has worked on policy changes to make the university more inclusive to international students."

One of those policy changes is housing over breaks.

"The old policy used to say that regardless of if you were staying on campus over break you had to pay \$20 a night," Kallhoff said. "Obviously, international students can't go home as easily as domestic students. She worked with Student Affairs and Residential Life to make it just \$20 for the whole break."

Despite being so far from home, Pokhrel stays close to her roots through her cooking.

"I think it helps me introduce my culture to a lot of my friends," Pokhrel said. "It also helps me feel at home."

Pokhrel's favorite recipe is mo-

"I can't always find the ingredients I need to cook," Pokhrel said. "But I'm really famous for my dumplings or momos. I love to cook dumplings."

Momos, a type of dumpling, are a popular, fast meal in Nepal and Tibet. It's usually made from a mix of meat and vegetables, though some momos are fairly elaborate with their ingredients. This is then wrapped in dough and either steamed, fried or steam-fried then served with a spicy dipping sauce, usually roasted cherry tomato chutney. No one is sure when momos first came into existence, but it is now a fast and easy meal made with friends and family.

Pokhrel likes to share her food and culture with her friends in Maryville.

"I love her momos," Kallhoff said. "She makes vegetarian ones and pork ones. They're just a dream.'

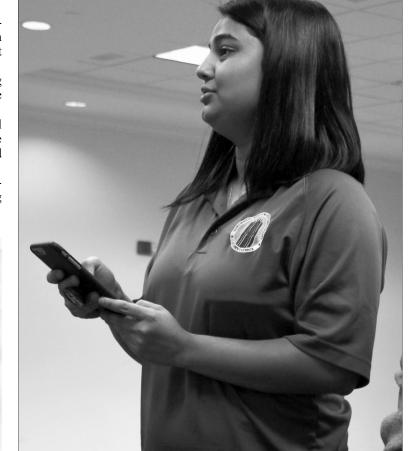
However, Pokhrel's cooking isn't just dedicated to Nepalese

"I like bacon a lot," Pokhrel said. "I make a lot of bacon. I like spaghetti with alfredo sauce and chicken."

As Pokhrel continues her studies she plans to continue sharing her culture by sharing her momos.



Arpana Pokhrel celebrates Diwali Day, or the festival of lights, with a sparkler as part of the Nepalese Student Association's celebration Nov. 7.



RACHEL ADAMSONI NW MISSOURIAN Arpana Pokhrel serves as a Civic Servic co-chair within Student Senate. Here, Pokhrel gives a report regarding the upcoming clothing drive sponsored by the Civic Service committee during the meeting Nov. 13.

Dumpling Recipe (Mouno)

Ingredients

WONTON WRAPPERS BUTTER SALT **GROUND BEEF** ONIONS CORIANDER (PORK, BEEF, TURKEY, CHICKEN) CUMIN **CABBAGE**

MOMO MASALA

14GTRUCTIONS

IN A MIXING BOWL, PUT GROUND MEAT, FINE CHOPPED ONIONS, FINE CHOPPED CABBAGE, SALT, SPICES, MELTED BUTTER, MIX IT WELL AND YOUR FILLING IS READY. PUT THE FILLING IN THE WONTON WRAP AND MAKE THE SHAPE.

PUT THE DUMPLING IN THE STEAMER FOR ABOUT 10 MINUTES AND DUMPLING IS READY

RYAN GRIESINGER | NW MISSOURIAN

ARTS & ENTERTAINMENT

Bearcats cut loose with Up'til Dawn

ANGEL TRINH

A&E Reporter | @acuteanglewrite

Northwest students cut off at least eight inches of their hair Friday in Bearcat Arena for Cut Loose, an event arranged by Northwest's Up 'til Dawn organization.

Up 'til Dawn is an organization that raises awareness and funding for St. Jude Children's Research Hospital in Memphis, Tennessee.

It hosts various events throughout the year to reach its fundraising goal of \$40,000.

Cut Loose was an event organized by side events chair Liz Conard. She had donated hair before with events in high school.

"It's great for a rally against cancer," Conard said. "It's just a simple aspect. Sometimes you can't always give money, but hair grows back, and I just feel like it's an easy thing for us to donate as broke college students."

When the event started, 55 students registered to donate their hair to Children With Hair Loss (CWHL). Conard was excited for the turn out because it surpassed her "shoot for the stars" goal of 50.

The event was publicized using posters, social media and a booth in the Student Union. Freshman Elizabeth Skelly heard about it when executive board members stopped her and said she should donate her hair.

"The more I thought about it, the more I thought it would be a good idea because my hair has gotten so long and I don't need that much hair," Skelly said. "There are people and kids that need hair more than I do. I just thought it was for a good cause and a good time to do it.'

Senior Evan Brown was another student who donated his hair. He had known about the event months in advance, so he grew out his hair so he could donate it.

In the past three years, he had only cut his hair once. It ended up being about six inches long but he hadn't donated it.

"I'm excited that my hair's just not going into the trash can this



ANGEL TRINH | NW MISSOURIAN Senior Garett Ensign cuts senior Evan Brown's hair as he takes pictures with his phone at Up 'Til Dawn's Cut Loose event Friday, Nov. 9 at Bearcat Arena.

time," Brown said. "It's actually being donated to something good, so I may as well help. It's just extra hair for me, but if I can help anybody look normal and feel good about themselves, then why not? I just hope it goes to someone that needs it more than I do."

CWHL is a non-profit organization that provides kids with free wigs every year until they turn 21. Before cutting their hair, students watched a video that showed how important the wigs are for the children that receive them.

There were about 200 people at

the event because each person donating their hair brought a friend to cut their hair, and others came to watch. At the end of the video, there was a countdown so they could all cut their hair at the same time. People from the stands ran down to watch and record their friends getting their haircut.

After the majority had finished the process, Conard said that anyone else who then wanted to donate their hair could do so. About 20 more people decided to, making a total of 74 hair donations.

One person who decided to cut

her hair last minute was graduate student Lucy Hilliard.

She had never donated her hair before because it had been short since her senior year of high school. Seeing the video and the impact the donations had helped her choose to participate.

"It's just hair, it'll grow back," Hilliard said. "I might as well do it for somebody who doesn't have that ability. Just seeing everyone's reactions and just knowing that it'll mean something to someone else is really worth it.'

Cut Loose was also an event

to fundraise toward the goal of \$40,000. Conard had pointed out the executive board had already raised almost half of it before the semester had ended. Students were encouraged to donate with two different raffles.

The University Police Department gave away four two-week faculty/staff parking passes and President Jasinski would invite one student with five of their friends to a home-cooked meal at his house. Every \$5 donated was one entry into both of the raffles.

The event raised \$402.

THE STROLLER:

Your Bearcat wants you to give thanks

Black Friday has overshadowed Thanksgiving.

Thanksgiving is meant to be a time for family, food and gratitude. It's just become a marketing ploy. The day meant to reflect on the accomplishments achieved in the past year has turned into a day where everyone runs to the stores to fight over things they don't need.

Retail workers have to work Thanksgiving Day just because people can't wait one more day

to go Black Friday shopping. They can't spend the day with their families because they are stuck making sure everyone gets the best deals possible.

Some people might not mind working Thanksgiving because they receive holiday pay or overtime, but that just goes to show how obsessed with money our society has become. These people would rather make a few extra bucks than celebrate with

Thanksgiving is a good time to get together. As college students who may live away from home, time with family is already limited. It shouldn't be wasted at a retail store ringing up discounts.

Of course money is useful. Life is hard without money, but ing weekend. Thanksgiving only happens once a year. It's only right to celebrate

Thanksgiving is a time to enjoy mashed potatoes, stuffing,

sparkling juice and turkey. It's a joyful time that's meant to be spent with family. It's a chance to count your blessings.

Besides, if there's nothing else to be thankful for, remember there are only two more weeks of the semester after Thanksgiv-

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian.

SARAH HORSEMAN | NW MISSOURIAN

John Roberts, voice of Linda Belcher on "Bob's Burgers," visited Northwest Nov. 13, speaking to students about the importance of perseverance in achieving their dreams.

Voice actor, comedian visits Northwest

SARAH VON SEGGERN A&E Asst. Editor | @SeggernSarah

CONNOR RAABE

Missourian Reporter | @ConnorRaabe Students braved the cold weath-

of a well-known voice actor.

er to see the comedic performance

The comedian, writer, actor and voice actor John Roberts, best-known as the voice of Linda Belcher from the animated comedy series "Bob's Burgers," portrayed a multitude of characters he established through YouTube and throughout his professional career Nov. 13 in the Ron Houston Center

for the Performing Arts. With each new comedy skit and re-creation of his YouTube skits, there came more laughs.

Senior Jocelyn Contreras came to the see Roberts after binge watching the newest season of "Bob's Burgers."

He showed us the character he created that inspired Linda from the show, and it was hilarious," Contreras said. "He showed us a YouTube video from when he started the comedy stuff, and he would dress up as a character he said resembled his mom. He'd put on a wig and

everything. The creator of 'Bob's Burgers' loved it so much that he immediately cast him and his character as Linda. That was super cool to hear and see how it all started."

Through his YouTube skits, Roberts was able to land a role that would really start his voice acting and writing career. He talked a bit about his career and when he got into it.

"Fortunately for me, I didn't really become successful until I was 40, so before that there was a lot of banging my head against the wall and things like that, although I knew it was good just trying to break in and turn it into a paycheck," Roberts said. "Yeah, that was the hard part."

Roberts also talked about how he really knew who he was in high school and gave a bit of advice for those struggling.

"I always just performed because that's what made me happy and it came natural to me, but I was introverted," Roberts said.

FULL STORY ONLINE: NWMISSOURINEWS.EDU

University celebrates first generation college students

JAMES CHRISTENSEN

A&E Reporter | @jameschris1701

First-generation students are experiencing college for the first time without any family to rely on for advice and support, but there is one office designed to give them the support they need.

The TRIO office is dedicated to promoting educational opportunities and assisting students in their higher education journey. TRIO held the First Generation Celebration event to celebrate these students and their success thus far as college students here at Northwest. This event celebrated the 32 percent of Northwest undergraduates who identify as first-generation students.

Sophomore political science major and history minor Lauren Earnest is a first-generation college student and works as a student mentor in the TRIO office to help her fellow students.

"It was really hard for me at the beginning, especially as a first generation student and not knowing how to apply for financial aid or register for classes," Earnest said. "Working in the TRIO office has allowed me to pay it forward to other first-generation students like I was helped when I first began my career as a college student.'

According to numbers provided by the TRIO office, 39 percent of the freshmen class is compiled of first-generation students.

President John Jasinski is proud to celebrate first-generation students and their continued success here at Northwest.

FULL STORY ONLINE: NWMISSOURINEWS.EDU

Woerth, Bruder take MIAA honors



MADI NOLTE | NW MISSOURIAN

Northwest volleyball coach Amy Woerth was named MIAA Coach of the Year after leading the Bearcats to a pro-

gram-high 14 conference wins on the season.

TUCKER QUINN Chief Reporter | @Tuck_Quinn

While Northwest volleyball ended its historic season on a crushing loss Nov. 6, recognition for its accomplishments piled up.

When the 2018 MIAA volleyball selections hit the public Nov. 7, two Bearcats received top honors of the three most prestigious awards in conference volleyball. Senior Maddy Bruder was named MIAA Player of the Year and coach Amy Woerth was granted the MIAA Coach of the Year award.

Bruder ended the 2018 season at Northwest after playing in 106 sets, notching 452 kills and hitting at a .228 hitting percentage. Not only did she lead the Bearcats in kills and kills per set, but Bruder also managed to finish atop the MIAA statistics with these num-

It's no secret that Bruder excelled on the offensive side of the ball, and her defensive game was almost unmatched. Bruder racked up 318 digs on the year, finishing behind fellow senior Olivia Nowakowski at 498.

Nowakowski earned all-conference honors of her own, being placed on the second team. Along with the 498 digs, Nowakowski also racked up 29 service aces, placing her at No.11 among all players in the conference.

'My individual success on the year is in large part due to the other girls on the court," Nowakowski said. "We, as a team, just show others how well you can work as a team when you have such a strong relationship with each other."

The addition of Bearcat volleyball into the winning culture at Northwest has come from a strong foundation and can be much attributed to the 2018 graduating

The senior class is so respected by the people on our team and when you have that, you have no problem with people buying into that next step," Woerth said. "The tradition of winning nature has been created and its exciting.'

Another Bearcat that has helped produce the winning culture set forth by this senior class is middle blocker Sofia Schleppenbach, who also earned MIAA first-team honors alongside Bruder. Schleppenbach accounted for 271 kills on this season, generating a .343 hitting percentage.

Other notable awards that Northwest has received include MIAA first team sophomore setter Maddy Ahrens and second team sophomore outside hitter Hallie Sydney. These are the first granted honors for these individuals in their young careers for the

While the 2018 season has come to an end, Northwest remains optimistic for the future of the volleyball program.

"We do really well in the spring and our girls work their tails off to get in shape," Woerth said. "All the things you want moving forward as a coach, we have them. When it comes to the work ethics and controlling our controllables, we will have the mixture back to continue to move forward and continue the culture we have produced."

Northwest will begin its offseason training and strive to create their goals for next year's play. The Bearcats will be returning a mere two starters in Sydney and Ahrens for the 2019-2020 season.

Boys strive for next leap

TRENT SPINNER

Nov. 15, 2018

Chief Reporter | @trentspinner

With the tip-off countdown just under a week away for Maryville boys basketball, a redemption story is highlighted on the agenda.

The Spoofhounds will search for a fourth chance at making a deep postseason run after falling in the quarterfinals for the third consecutive time last year.

As fall sports begin wrapping up, the torch of success gets passed through the halls of Maryville high school from the football field to the hardwood. The Spoofhounds basketball team is ready to be the limelight of the school as a year of potential success is riddled with

Right now, the work is cut out for Maryville as it heads toward the start of the season missing many fundamental pieces to the puzzle. With a potential for football to play three more weeks, the Spoofhounds will be without a few of their starters from last year's squad. This is

nothing new to coach Matt Stoecklein as he knows the drill and will run with the flow excitedly with the start of competition Tuesday.

"We are just getting ready for Tuesday against Jefferson," Stoecklein said. "I'm excited to see what we can do. Not having the football boys will be one of the toughest challenges, but we've just got to get ready for Tuesday.'

The Spoofhounds' squad is ready for the opportunity to take on its version of a comeback after losing two straight quarterfinal games. Last year's heartbreaker was brought on by the hands of Hogan Prep, 57-47. The keys to success are built on through that foundation as well as a new slogan for Maryville.

The new slogan embodies what the Spoofhounds want to accomplish in this season and that is #30.

"We have a saying; its called #30 and that means we are going to try and play 30 games," senior Matthew Madden said. "The past three years we have made it to the quarterfinals, and we just want to get past that."

With a little help from some offensive and defensive adjustments, there is something brewing in the Maryville pot of tricks.

'We are going to maybe look at doing some more defenses to compete with some of those private schools from Kansas City or St. Louis," Stoecklin said. "Plus, offensively we are going to be looking to get some more offensive possessions, play a little faster and then drive and kick and hopefully make a lot of threes this year.

The first test for the Spoofhounds will be against Jefferson Conception High School Nov. 20 at 7:30 p.m. This game will tell a lot about the Spoofhounds and what adjustments need to be made to accomplish their ultimate goal.

With a goal in mind, expectations for the team are higher than they have been in a while, but with the talent to back them up, it seems all too possible.

"We have high expectations. We think we can be just as good, if not better, than last year," Stoecklin said. "We really think we can make a deep run in the playoffs.'



FILE I NW MISSOURIAN

Senior Tyler Houchin is one of many Spoofounds who will trade in their football helmet for a basketall jersey as they transition into the basketball season.

NW FOOTBALL

CONTINUED FROM A12

"We were very physical in practice all week and that showed on Saturday," Wright said. "We ran the football really well and that's got to be a recipe for us heading into the playoffs.'

While the rivalry has taken a few years off, the similarities between the Bearcats and Lakers are easy to see. Northwest averages 37.5 points per game with a scoring differential of 24.2 points per game.

The Lakers have scored 34.2 points per game and win by an average of 17.2 points per game. It is not only the scores that are similar with Northwest putting up 430.6 offensive yards per game and Grand Valley State a touch higher with 433 yards per contest.

Defense is where the Bearcats separate themselves from the Lakers. Giving up nearly 65 fewer yards per game and almost four points less per game, the Bearcats defense has an edge over the Lakers.

One of the most dominant units

for the Bearcat defense has been the defensive line, which is led by senior defensive end Austen Eskew and sophomore defensive tackle Sam Roberts. Eskew leads Northwest in tackles for loss (15) and sacks (7.5) with Roberts right behind him in both categories.

The team has racked up 93 tackles for loss and 32 sacks on the year while holding opponents to 66 yards rushing per game. The battle in the trenches between the offensive and defensive lines from both Northwest and Grand Valley State may decide who takes control of the is exciting. game early on.

As strong as Northwest has been stopping the run, it has been equally dominant at putting up rushing yards. The Bearcats average 208 yards on the ground per game and have scored a total of 29 rushing touchdowns through the regular season.

Senior offensive tackle Zach Flott has been a key piece in the physical running game Northwest has established this season and says the challenge that the Lakers bring

"As an offensive lineman, the long pass plays are great, but we prefer when we try to impose our will and just shove it down the defenses throat," Flott said. "We did that last year and it was a ton of fun, and hopefully we can do that again this week.'

Flott and the rest of the Bearcats will have the chance to impose their will from the opening kickoff at 12 p.m. Nov. 17 in Allendale for the opening round of the NCAA Division II Football Playoffs.

MHS FOOTBALL

CONTINUED FROM A12

When faced with the prospect of facing such a dynamic offense, Webb was blunt. He knows the perilous nature of the quarterfinal matchup that awaits the team.

"Odessa has a tailback that's rushed for over 2,000 yards," Webb said. "They've got a receiver who's had 100-yard receiving games in five of the last six football games. They're the best offensive team we've played so far this season. They've got a huge offensive line, their quarterback is an excellent athlete. These guys are a machine."

While Maryville's defense

is no stranger to quieting highscoring offenses, the test Odessa brings is different than any other the 'Hounds have faced this season. Teams like Savannah and St. Joseph-Lafayette featured strong offensive attacks, but when compared to the Bulldogs, those MEC schools appear second-rate.

'I think it's going to be a battle from the opening kickoff to the last play," senior running back Eli Dowis said. "They're a good team; they're big up front and athletic at the skill positions.'

The two similarly-nicknamed teams have recent history in quarterfinals matchups. The Bulldogs defeated the 'Hounds 28-14 in

Odessa to move on the to the semifinals in 2015. Odessa went on to play in the state title game, losing to John Burroughs (St. Louis).

Each team's roster has changed dramatically since the previous meeting three seasons ago. Still, the history exists, and the Spoofhounds are determined to not let it repeat itself.

"They beat us at their place a few years back in a quarterfinal," Webb said. "They're an excellent football program that's having a great year.'

With the increased emphasis on winning that comes with postseason football, one might think a quarterfinal matchup would dispense added pressure on the Spoofhounds. The stakes are inherently higher, and the margin for error is decidedly thinner in the postseason.

Despite the increased stakes, the upcoming contest with the Bulldogs is business as usual for Maryville.

"I don't think there's any added pressure," Dowis said. "Yes, they're good, but it's still just another football game. We've played good teams before, and I don't see this as any different. Hopefully, we have what it takes to gut out a win."

Beyond a Week 1 hiccup in a loss to Blair Oaks, the Spoofhounds' season has panned out without fault. For Maryville, an 11game win streak, a 60-game home win streak and a chance of continuing its quest toward a second-consecutive state title will be on the line against Odessa.

"It's quarterfinals: you're down to eight teams left in the state," Webb said. "We're fortunate to have (the game) at home. It's Saturday afternoon; there's nothing else going in on Maryville this weekend. If you're alive and you've got a grandparent or a neighbor or a nephew or somebody, come out the 'Hound Pound. We need every bit of Maryville magic we can get."

Kickoff is set for 1 p.m. Nov. 16 at the 'Hound Pound.

FILE | NW MISSOURIAN Sophomore Mallory McConkey led the Bearcats with seven rebounds in Northwest's 79-71 loss to Minnesota Crookston Nov. 10. McConkey has 12 on the season, with 17 points in two games.

Rebuilding process begins for women

TUCKER QUINN

Chief Reporter | @Tuck_Quinn

After a disappointing start for the Northwest women's basketball team, coach Austin Meyer and the Bearcats remain hopeful.

Northwest (0-2) played in its season opener Nov. 9 as it traveled to Nebraska to take on Wayne State. The Wildcats racked up 25 wins in their 2017-2018 season and proved to be a force within the Northern

Sun Intercollegiate Conference a year ago.

Junior guard Kendey Eaton led the way for Northwest in the early season matchup, scoring a teamhigh 17 points and eight assists. Sophomore guards Jaelyn Haggard and Mallory McConkey also had notable performances, both scoring in double figures with 16 and 12 points respectively. The Bearcats shot 7-of-8 from behind the arch and made 9-of-11 free throw opportunities

In the end, Wayne State proved er said. "Wayne State had a re-

to be too much for the 'Cats in all aspects of the game. Sophomore forward Erin Noring led the Wildcats with 21 points while sophomore guard Haley Vesey tallied a game-high eight rebounds, adding to a total of 45 rebounds for Wayne State. The Bearcats fell short 75-58 and dropped their opening game of the season.

"Rebounding has been an emphasis for us due to our lack of size, and I was pretty disappointed with our numbers in game one," Meyer said. "Wayne State had a re-

ally good front line and we challenge them to play tougher, but just couldn't get it done."

In a quick turn around, Northwest played in its second test of the year at a neutral site against Minnesota Crookston in Wayne, Nebraska. The Bearcats were again led by Eaton who was the top scorer in the game with 26 points. Senior Kaylani Maiava and Haggard also had double-digit point totals with 12 and 10, respectively.

The Golden Eagles ability to score in the paint proved to be too

NEXT GAME

Northwest @ Maryville University

1 p.m. Nov. 17 St. Louis

much for the Bearcats, as they outscored Northwest 40-26 within 15 feet of the rim.

FULL STORY ONLINE: NWMISSOURINEWS.COM

Experienced roster awaits season opener

WYATT BELL

Chief Sports Reporter | @wyattbell5

The 2018-19
Maryville girls basketball team will have some familiar faces on the court, with the entire varsity

squad returning from last year, featuring experienced seniors and a crop of young talent behind them. With the amount of experience

and talent returning, 'Hounds head coach Quentin Albrecht is optimistic about his team's chances this season.

"We're really excited about

the year," Albrecht said. "We have a good crop of returning players coming back from last year that's really led by a couple of really good senior players for us."

Those seniors are Emma Bald-

win and Kamryn Gastler, who have been a part of Albrecht's program at Maryville for the past four years. Their leadership is important to the Spoofhounds' success, and they are a vital part of the team according to Albrecht.

"They provide not only experience, but they provide really good leadership," Albrecht said of Baldwin and Gastler.

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ATHLETIC DEPARTMENT

NEXT GAME

Maryville @ North Andrew Jamboree

5:30 p.m. Nov. 17 Rosendale

Baldwin has embraced the leadership role that comes with being a senior, stressing that the mindset and energy of the team can make all the difference in the team's success.

"You know, every day just come in with a positive attitude, bring the energy and maybe that will rub off on everyone else," Baldwin said. "We're here to have a good season and finish strong like we want to. Being a senior you have a lot of responsibility, and I think that's just a big thing, filling in those shoes from last year."

Below the senior leadership, the 'Hounds are loaded with talent in the form of their sophomore class, led by standout Serena Sundell, who broke both the single-season school scoring record (433) and single-game scoring record (33) for the Spoofhounds last year.

"We really have kind of an ex-



WYATT BELL | NW MISSOURIAN

Sophomore Serena Sundell broke the Spoofounds single-season scoring in 2017-18 with 433 points on the season. She also broke the single-game scoring record with 33 points.

ceptional sophomore class," Albrecht said. "There are several players in there that are going to contribute, led obviously I think by

Serena Sundell, who is a 6-foot-1-inch guard/forward/center because she is very versatile and can do a lot of different things."

FULL STORY ONLINE: NWMISSOURINEWS.COM

NW MEN'S BASKETBALL

MIAA Standings

Overall MIAA

NORTHWEST 4-0	0-0
Central Missouri2-0	0-0
Central Oklahoma 2-0	0-0
Missouri Western 3-1	0-0
Emporia State1-1	0-0
Lincoln1-1	0-0
Missouri Southern1-1	0-0
Nebraska Kearney1-1	0-0
Northeastern State 1-1	0-0
Pittsburg State1-1	0-0
Southwest Baptist1-1	0-0
Washburn1-1	0-0
Lindenwood2-3	0-0
Fort Hays State0-2	0-0
,	

NW WOMEN'S BASKETBALL

MIAA Standings Overall MIAA

Central Missouri2-0	0-0
Central Oklahoma3-0	0-0
Emporia State2-0	0-0
Fort Hays State2-0	0-0
Lincoln3-0	0-0
Lindenwood2-0	0-0
Missouri Western2-1	0-0
Northeastern State1-1	0-0
Pittsburg State1-1	0-0
Missouri Southern1-2	0-0
Nebraska Kearney0-2	0-0
NORTHWEST0-2	0-0
Southwest Baptist0-2	0-0

Washburn......0-2 0-0

NW FOOTBALL

Super Region 3 matchups

Saturday's Games:

No. 1 Ouachita Baptist- Bye No. 7 Harding at No. 2 Ferris State No. 6 Northwest at No. 3 Grand Valley

No. 5 Fort Hays State at No. 4 Indianapolis

MHS FOOTBALL

Class 3 playoff matchups

Friday's Game:

Trinity Catholic at Southern Boone

Saturday's Games:

Kennett at Cardinal Ritter Springfield Catholic at Mt. Vernon Odessa at Maryville



ANDREW WEGLEY | NW MISSOURIAN

Sophomore Ryan Hawkins leads the MIAA in three-pointers made this season with 17 in four games. Hawkins is shooting 51.5 percent from beyond the arch.

Bearcats race to perfect start behind developing starters

ANDREW WEGLEY

Assistant Sports Editor | @andrew_wegley21

Northwest men's basketball wrapped up another successful trip to St. Joseph Nov. 9-10, earning two more victories over the weekend to move to 4-0 on the young

The No. 5 Bearcats moved past Upper Iowa 76-59 Nov. 9 before defeating Winona State 84-59 Nov. 10. Having played all four of its games in the St. Joseph Civic Arena this season, Northwest seems to have grown comfortable in the environment.

Heading into the season, the Bearcats didn't expect to be as dominant as they have been. After graduating four starters last spring, Northwest has shown no signs of regression, winning each of its games over capable opponents.

"I like our record; that's always good," coach Ben McCollum said. "I like when we give effort. It's not all the time, but we're getting better with it. We have a tendency to go for about 25 minutes and turn it off for about 15. If we can get that up to 30 (minutes) this week, that would be fantastic."

The Bearcats are not as selfstarting in practice as they were a year ago, a trait that McCollum chalks up as a product of inexperience. Redshirt freshman guard Trevor Hudgins and sophomore forward Ryan Hawkins personify the youth movement driving the Bearcats' season. Hudgins and Hawkins have become staples in Northwest's lineup after combining for zero starts a season ago.

"I think that maturity piece, the mental, maturity piece is the big thing that we're continuing to fight," McCollum said. "(It's) just that youthfulness that shows up every once-in-a-while. But with that, there's some positives with the youthfulness, like the energy. It's fun. There's a lot of things that are fun with this group, so hopefully

NEXT GAME

Northwest vs Truman State 7 p.m. Nov. 16 Maryville

> Northwest vs Illinois-**Springfield** 8 p.m. Nov. 19

Kansas City, Mo.

we can use that to our advantage." Hawkins has developed into somewhat of a source of energy for the Bearcats in practice and in games. The forward has provided a spark with both his presence and his shooting.

FULL STORY ONLINE: NWMISSOURINEWS.COM



Regionals await cross country

JUSTIN QUICK Sports Editor | @Jquick88

Northwest cross country continues to prepare for the NCAA Central Regional Meet Nov. 17, seeking a strong finish to the first year under coach Nick Gibson.

The entire season Gibson has instilled a mindset of proving the rankings and doubters wrong about the team, and the regional meet will give them another opportunity to do just that. The U.S. Track and Field and Cross Country Coaches Association released the regional rankings ahead of the meet and neither side for Northwest is ranked in the top 10.

In order to qualify for the national meet, the Bearcats would need to finish in the top three as a team. Individually, the top five runners will qualify no matter what the team finishes are, and Gibson has a realistic vision of how regionals might go.

"The goal is to just go in there (the meet) and just run as fast as we can," Gibson said. "I think we can get a top-10 finish on the men's and women's side if we put it all together and have a good day. We have a very good shot at an individual qualifier with (junior) Karim Achengli, who is one of the top runners in the country."

While Achengli is predicted to advance to the NCAA Championships, Gibson acknowledged that anything can happen at the re-

"You never know what can happen on the day," Gibson said. "I've seen a number of teams that have gone in and not been ranked at all and have shown up and beaten ranked teams or made it to the national meet.'

NEXT GAME

NCAA Central Region Championships Nov. 17 Joplin

For Northwest, the regional meet and this season have been one long learning process, with a majority of the team being underclassmen. The upside to the youthful team is the growth and familiarity with Gibson's training will progress with each season.

One runner that will have plenty of time to grow is freshman Caroline Ross. Ross is in her first season running for Northwest and has consistently placed in the top three runners for the Bearcats all season long.

The experience she has gained throughout the season has already impacted her training and the way she approaches each practice.

"Throughout the season, the coaches have challenged me to have a more positive outlook during the hard workouts or races when things don't go as well as I hoped," Ross said.

Ross finished the MIAA Championship meet just seven seconds from her season best in the 6,000-meter, with a time of 24:08.05. This was only the second 6,000-meter race of Ross's collegiate career and gave her a good gauge for the regional meet.

With one meet for sure left in the season, Gibson's something to prove mindset has been adopted by the entire team.

"The mindset of having something to prove has motivated the team as a whole," Gibson said. "We came in as the underdogs, but we've turned a few heads throughout the season."













Senior wide receiver Shawn Bane Jr. earned All-MIAA second team honors for his 2018 regular season performance.



ANDREW WEGLEY | NW MISSOURIAN

In his return from a knee injury that kept him out nearly a month, senior Eli Dowis threw for 253 yards in Maryville's 34-12 district championship victory over Savannah Nov. 9.

MAKE OR BREAK

Next chapter in playoff rivalry awaits writing

JUSTIN QUICK Sports Editor | @Jquick88

An NCAA Division II playoff rivalry will be renewed Nov. 17 when Northwest football travels to Allendale, Michigan, for a first-round matchup with Grand Valley State.

The two programs met five times in the playoffs between 2005 and 2013, with three matchups for National Championships. Despite being 1-2 in those championship games, the Bearcats (9-2) hold a 3-2 record against the Lakers (10-1) in the playoffs and have won the last three games.

With as much playoff history these two teams have, the Nov. 17 matchup will be the first for the Lakers at home. The three national title games all took place in Florence, Alabama, and the other two games were semifinals played in Maryville.

Despite the history between the two programs, there is not a single player on either team that played in any of those games. Coach Rich Wright was a part of all five matchups against Grand Valley State and is ready for the revamped rivalry.

NEXT GAME

Northwest @ Grand Valley State

12 p.m. Nov. 17 Allendale, Mich.

"Over 15 years, I've had a lot of opportunities to play against Grand Valley State," Wright said. "Three of them in National Championship games so usually the stakes are pretty high when we (Northwest) tangle with them (Grand Valley State). I realize that not one of the players on our team or their team has ever played each other. It is going to be a renewal of a rivalry.

The Bearcats will need to duplicate the success they had against Central Missouri Nov. 10 in a 48-21 victory to extend their season. Northwest dominated on the ground against the Mules and controlled the line of scrimmage, which is something Wright emphasized heading into the postseason.

SEE NW FOOTBALL | A9

Maryville preps for playoff dogfight at 'Hound Pound

ANDREW WEGLEY

Assistant Sports Editor I @andrew_wegley21

After another convincing playoff victory over a conference rival, Maryville football sits two wins away from a chance at a second-consecutive Class 3 State Title.

The Spoofhounds (11-1) skated past Savannah 34-12 on an icy evening in Maryville Nov. 9, capturing the MSHSAA Class 3 District 8 Championship, ending the Savages' season in the process.

Now, Maryville moves on, preparing for its toughest test of the aging season, coming in the form of Odessa. Following an impressive 49-6 victory over Pembroke Hill, the Bulldogs (12-0) will attempt to play spoiler to the 'Hounds pending encore campaign.

On the heels of its 11th-consecutive victory, Maryville possesses an undoubtedly able defense, one that held Savannah's high-octane offense to just 19 points in eight quarters of football this season. For the Spoofhounds, defeating their Highway-71 rival for a District Title was, for the most part, not ful-

NEXT GAME

MSHSAA Class 3 quarterfinals vs Odessa

1 p.m. Nov. 17 Maryville

filling, rather just another stop on the road to a state title.

"It's a district title; the object of these games is to win and advance, coach Matt Webb said. "It's about winning and advancing, so I'm excited to make it to the quarterfinals."

The quarterfinal game, scheduled for Nov. 17 at the 'Hound Pound, will likely be a dogfight in more ways than one. The Spoofhounds and Bulldogs each tout an offense averaging more than 44 points per game and a defense that allows less than 20 points per contest.

By the numbers, Odessa's offense has been a notch ahead of Maryville's, averaging 54.25 points per game, while the 'Hounds have averaged just over 44. Defensively, the script flips.

SEE MHS FOOTBALL | A9

